

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

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Aging Well at Howard County 50+ Centers

During September — National Senior Center Month — explore Howard County's network of 50+ Centers and discover the keys to aging well. Centers not only bring the staff and services of the Office on Aging and Independence (OAI) to communities throughout the County, they offer adults age 50+ access to health, wellness and fitness programs, and provide lifelong learning opportunities, nutrition education, shared meals, socialization and more. To meet the needs of a growing older adult population, OAI is committed to building an age-friendly community, supported by the County's continued investment in capital projects like the renovation of the **BAIN 50+ CENTER** and construction of a new **EAST COLUMBIA 50+ CENTER**.

If you haven't checked out the wide range of programs and services available at your local 50+ center, this is a great time to do so. Many centers are offering free trial classes or open houses this month to showcase all they have to offer. Don't miss "**Getting the Most Out of Your Membership**" at the **ELLCOTT CITY 50+ CENTER** on Tuesday, September 24, to learn more about key OAI resources available at centers, including Maryland Access Point (MAP), the State Health Insurance Assistance Program (SHIP); Caregiver Education and Support; the Loan Closet; Connections and Kindred Spirits Social Day programs (for adults who need more structured activity); nutrition support; and exercise options at the 50+ Fitness Center. This event is free; register at 410-313-1400.

The centers also offer access to local experts who share their knowledge on a variety of topics, including financial security. An **estate planning seminar** will be featured at the **NORTH LAUREL 50+ CENTER** on Friday, September 27, providing information and resources to help identify estate planning needs based on your situation and wishes. Another key partner in center programming is the Maryland Cooperative Extension Service. Nutritionist Karen Basinger will present "**Lower Your Stroke Risk**" at the **BAIN 50+ CENTER** on September 20.

Maintaining optimal levels of health and safety are certainly important keys to aging well. Staying safe behind the wheel can be a concern for older, more mature drivers. Learn how making minor adjustments to

your vehicle can boost your safety and comfort at **CarFit** at the **ELKRIDGE 50+ CENTER** on September 6; brush up on your skills at the **AARP Safe Driving** class on September 9. Call 410-313-5192 to register.

Learn how to prevent fall-related injuries during **Fall Prevention Week**, September 23–29. On Tuesday, September 24, the **NORTH LAUREL 50+ CENTER** will hold a **balance seminar** on age-related balance changes and the effects of exercise on balance. Attendees will receive a free balance assessment from a licensed physical therapist. Call 410-313-0380 to register. The **ELKRIDGE 50+ CENTER** will host **balance screenings** on September 26, and a **fall prevention program** on September 23. Those with balance concerns are encouraged to sign up for **Stepping On**, a seven-week, evidence-based workshop being held at **ELKRIDGE 50+ CENTER** beginning Thursday, October 10. This program includes expert guest speakers, strength and balance exercises, and a multitude of resources, all of which can lead to a 31 percent reduction in falls.

Active older adults looking for a new challenge may want to give **square dancing** a try at the **ELLCOTT CITY 50+ CENTER** on Tuesdays, September 3-24. Learn the basics of modern western square dance from Bruce Simper. It's a great way to exercise both your mind and body and no experience or partner is needed!

The first week of October is **Active Aging Week**! Be sure to stop by the **GLENWOOD 50+ CENTER** and participate in a variety of workshops, a free health fair, and hands-on, creative DIY projects.

Come in to experience why Howard County's 50+ Centers have been recognized at the state level for program excellence, education, community partnership, and fitness.

Use apm.activecommunities.com/howardcounty to register online for classes.

From fitness classes (for all levels) to a wide variety of lifelong learning topics (i.e., Russian art history, music and theatre, Civil War presentations, etc.) you can find just about anything you need to live, grow and thrive on a daily basis. Unlock your potential to aging well, staying engaged and informed, learning valuable resources, and making new friends... all in the Howard County 50+ Centers! See details at www.howardcountymd.gov/aging.

Laminate Your Medicare Card

Sponsored by the Senior Health Insurance Program (SHIP)

Howard County SHIP will laminate your Medicare card and up to two additional cards, at the following 50+ Centers. Social Security cards cannot be laminated.

Bain 50+ Center: Wednesday, September 11 • 10 am to noon

East Columbia 50+ Center: Tuesday, September 17 • 10 am to noon

Elkridge 50+ Center: Friday, September 20 • 10 am to noon

Ellicott City 50+ Center: Tuesday, September 24 • 1:30 to 3:30 pm

Glenwood+ Center: Friday, September 27 • 11 am to 1:00 pm

Longwood: Wednesday, September 4 • 1:30 to 3:30 pm

North Laurel 50+ Center: Friday, September 13 • 10 am to noon

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Master Aging in Meaningful Ways

Today's narrative on aging is radically reframing how older adults grow, connect, and engage in their communities in new and meaningful ways — and on their own terms. To find out how, join the Howard County Office on Aging and Independence (OAI) for the debut of **Master Aging: Engage, Educate and Inspire** on Saturday, October 19 from 10 a.m. to 3 p.m. at Howard Community College (HCC) in Columbia. Admission is \$1 and plenty of on-site parking is available.

A reinvention of the former 50+EXPO, **Master Aging** is a conference-style event with seminars, exhibitors and entertainment geared toward the interests of the 50+ community, and is being held on a Saturday to attract older adults who may still be in the workforce. Activities will be held in three buildings within easy walking distance of each other on HCC's campus: Duncan Hall, the Health Sciences Building and the Horowitz Visual and Performing Arts Center (Smith Theatre). Golf carts will be onsite to transport guests between campus buildings, as needed. More than 60 vendor and sponsor booths are located throughout the event. Food carts near Smith Theatre and food trucks in the parking lot will sell breakfast and lunch items.

The event kicks off with a keynote address at 11 a.m. in the Smith Theatre by Kerry Hannon, one of the nation's top experts on careers for older adults. Hannon is the author of "*Great Jobs for Everyone 50 Plus*" and "*What's Next*" — about finding your passion and dream jobs at an older age. Her new book, and the title of her keynote address, is "*Never Too Old to Get Rich — The Entrepreneur's Guide to Starting a Business Mid-Life*."

Hannon will share useful advice on how to start a business, who should do it — and who should not — as well as examples of entrepreneurial success stories and the lessons learned along the way. Do not miss her informative presentation. Also, be sure to return to the theatre at 2 p.m. to enjoy the politically incorrect antics of the Capitol Steps; admission is \$5.

Be a FRIEND of Master Aging!

Sign Up to Receive Your **FRIEND** Gift Package!

- One **ADMISSION** ticket to the MASTER AGING event
- One **RESERVED** seat for the Keynote Speaker (11 AM)
- One **RESERVED** seat for the "Capitol Steps" (2 PM)
- A **CHANCE** to win \$50 toward any 50+ Center Program
- A "Friends" **RECOGNITION** ribbon to wear all day!

Only \$25/person • Contact us today!

To process your credit card payment, or for additional details, contact **Jeanne White-Davis at 410-313-5824** (voice/relay) or jwhitedavis@howardcountymd.gov.

Master Aging

Engage ♦ Educate ♦ Inspire

SATURDAY, OCTOBER 19 • 10 AM TO 3 PM

Enjoy your day at **Master Aging** exploring opportunities to enhance your health and wellbeing; find outlets to express your creativity; and design your own life's encore.

Programming to Engage, Educate and Inspire You

MASTER YOUR FITNESS features a variety of instructor-led fitness demos to try. In ***Yoga Therapy*** (presented by Maryland University of Integrative Health) the differences between yoga and yoga therapy will be explained and you can try simple practices for stress management. ***Exercise with Ease*** (presented by Howard County Recreation and Parks or HCRP) mixes low impact aerobics core, flexibility and balance work; or try ***Meditation*** (presented by OAI's Jeannie DeCray), which can be done seated in a chair or on the floor; or, you can join in for high energy ***Zumba® Gold***.

LIFELONG LEARNING AND LEISURE highlights activities to pursue throughout your lifespan. Learn ***tips to travel safely*** alone or in groups (HCRP); dig into some ***gardening*** (with a local master gardener); or hear about opportunities to ***share your skills and knowledge*** with others in continuing education classes at HCC as a guest speaker, volunteer, tutor, or instructor. This panel discussion features representatives from the college's Division of Continuing Education and Workforce Development.

SMART KIDS FOR SMARTPHONES is a drop-in space designed for anyone who would like to ***explore technology***. Students will be on hand to answer tech questions, help you explore social media or try new apps.

NOT YOUR PARENT'S SENIOR CENTER offers the inside scoop on the diverse programming, engaging experiences, available services and just plain FUN which can be discovered at the ***Howard County 50+ Centers***. Meet staff from different centers; try your hand at a DIY project; and schedule some time to visit some of the centers in person.

LIVE WELL, BE WELL to explore self-enrichment. ***Be Your Own Health Advocate*** (presented by University of Maryland Faculty Physicians) stresses the importance of being involved in your health care decisions; when to seek a second opinion; and what to consider when choosing a physician. ***Sugar is a Sneaky Thing*** (HCRP) reveals the hidden sugars in common foods and offers healthier alternatives.

Explore your inner artist through a community art project! ***imaginAGE*** (presented by OAI's 50+ Center Staff) offers attendees the chance to discover and express themselves through the creative art process and become part of a collaborative work of art. The final piece will be displayed at one of the 50+ Centers.

Be sure to engage yourself in **MASTER YOUR ENCORE**, a community space hosted by *Encore Howard County* geared toward (but not limited to) adults age 50-75 who are considering ***what comes next... the encore***. Individuals experiencing their own encores will share their stories across a variety of contexts. Featured workshops: ***Discovering Your Encore*** (12:15 p.m.) and ***Connecting and Engaging with Your Encore*** (1:15 p.m.) with resources and local experts to help kick-start your own exploration.

For more event information, details and directions, visit us online at www.howardcountymd.gov/masteraging.



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www.facebook.com/HoCoCommunity

For all Office on Aging and Independence programs, services and activities, go to www.howardcountymd.gov/aging

Howard County Community Forum

THURSDAY, SEPTEMBER 12 • 6 to 8 pm

George Howard Building, Banneker Room
3430 Court House Drive
Ellicott City, MD 21043

Learn about Alzheimer's, dementia and memory loss at this community-focused listening session. Hear about the basics of Alzheimer's and available local services and programs offered. Bring a friend and share your thoughts about how the Alzheimer's Association can help support you in your journey. Light refreshments will be provided.

Register online at bit.ly/howardcf or call 800.272.3900

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 **alzheimer's association®**